



**Under the direction of  
Carol Baker-Fulco, MS, RD**



# Building A Performance Diet

# POWER

## PERFORMANCE

THE NUTRITION CONNECTION











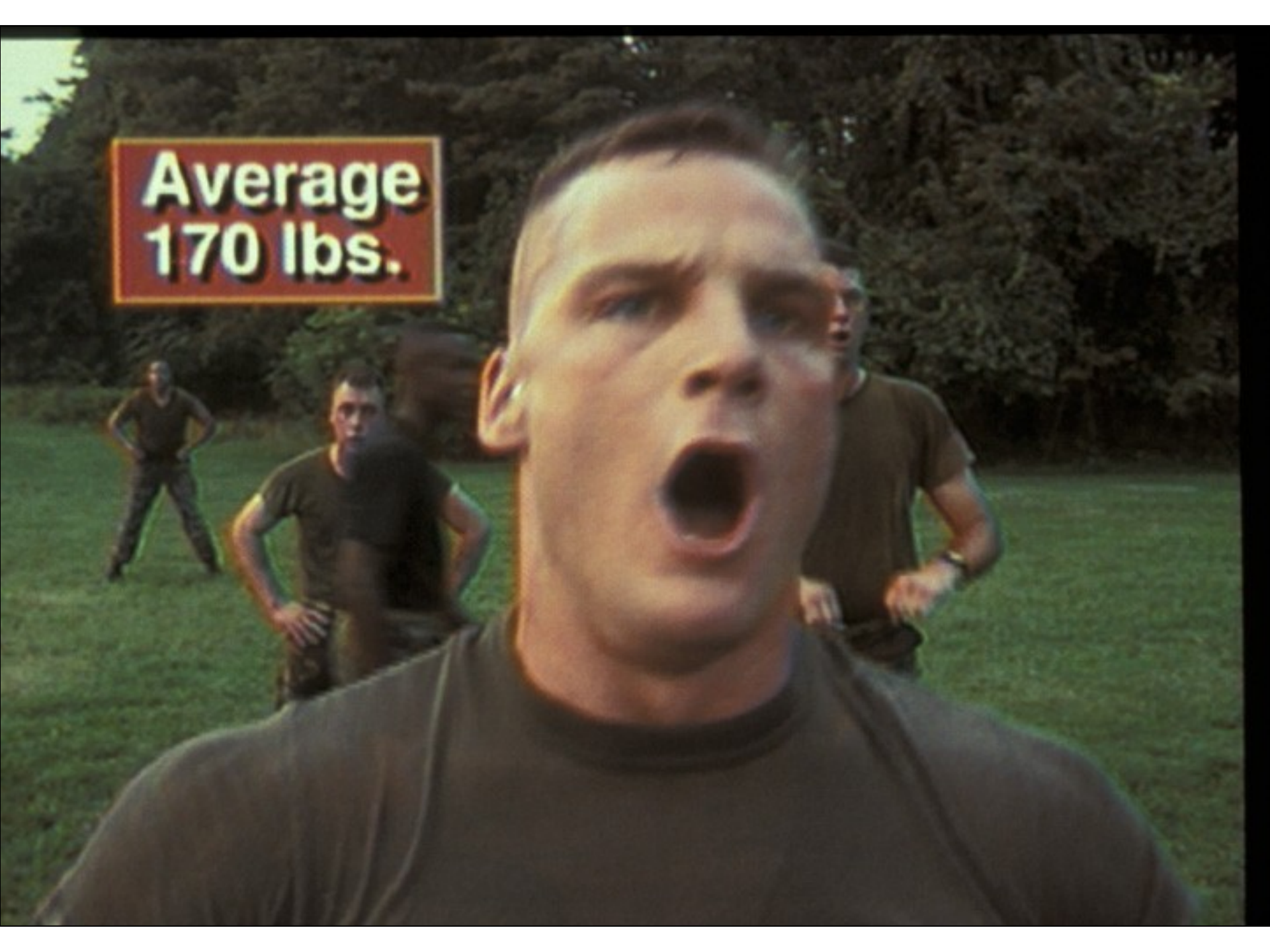






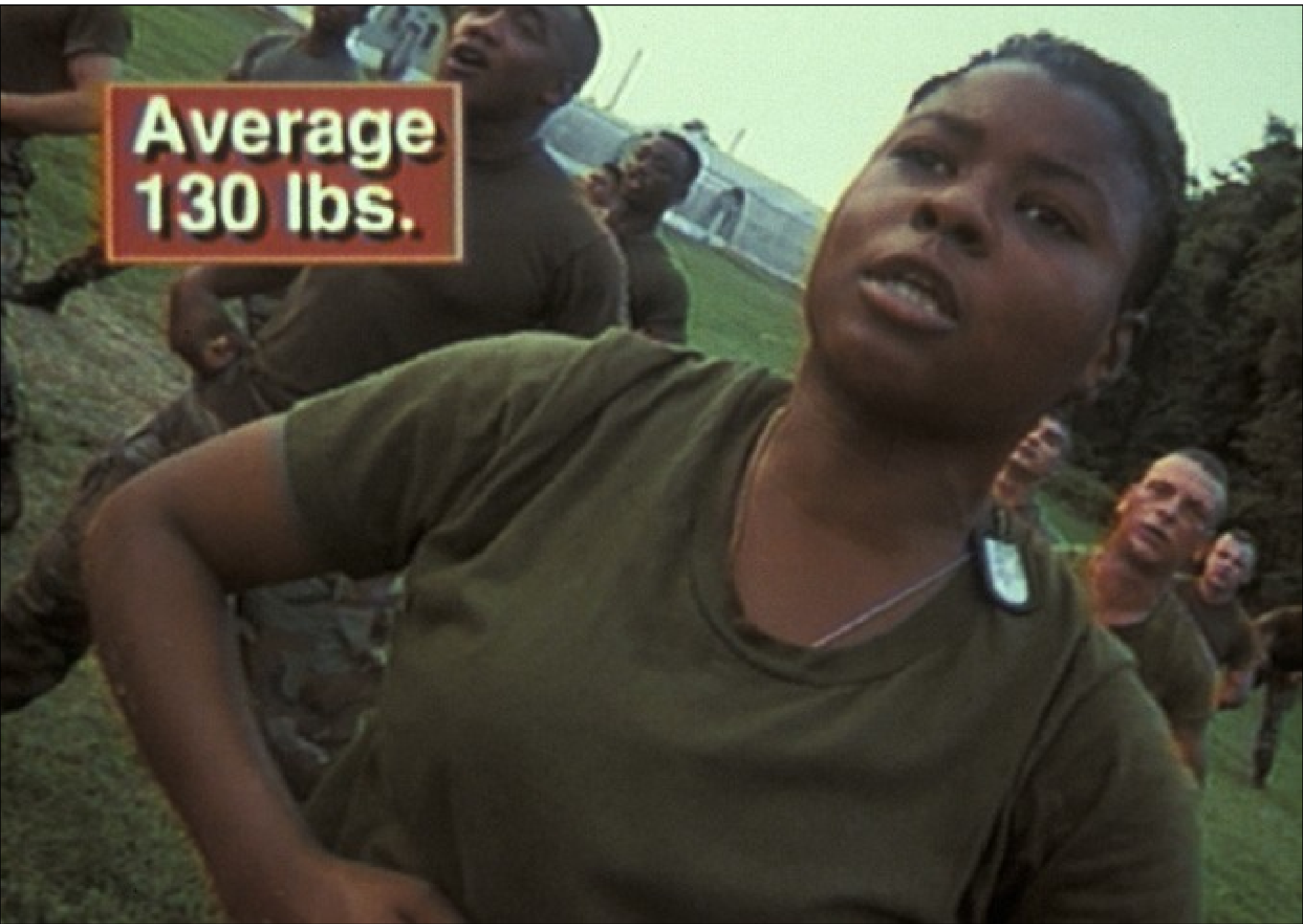


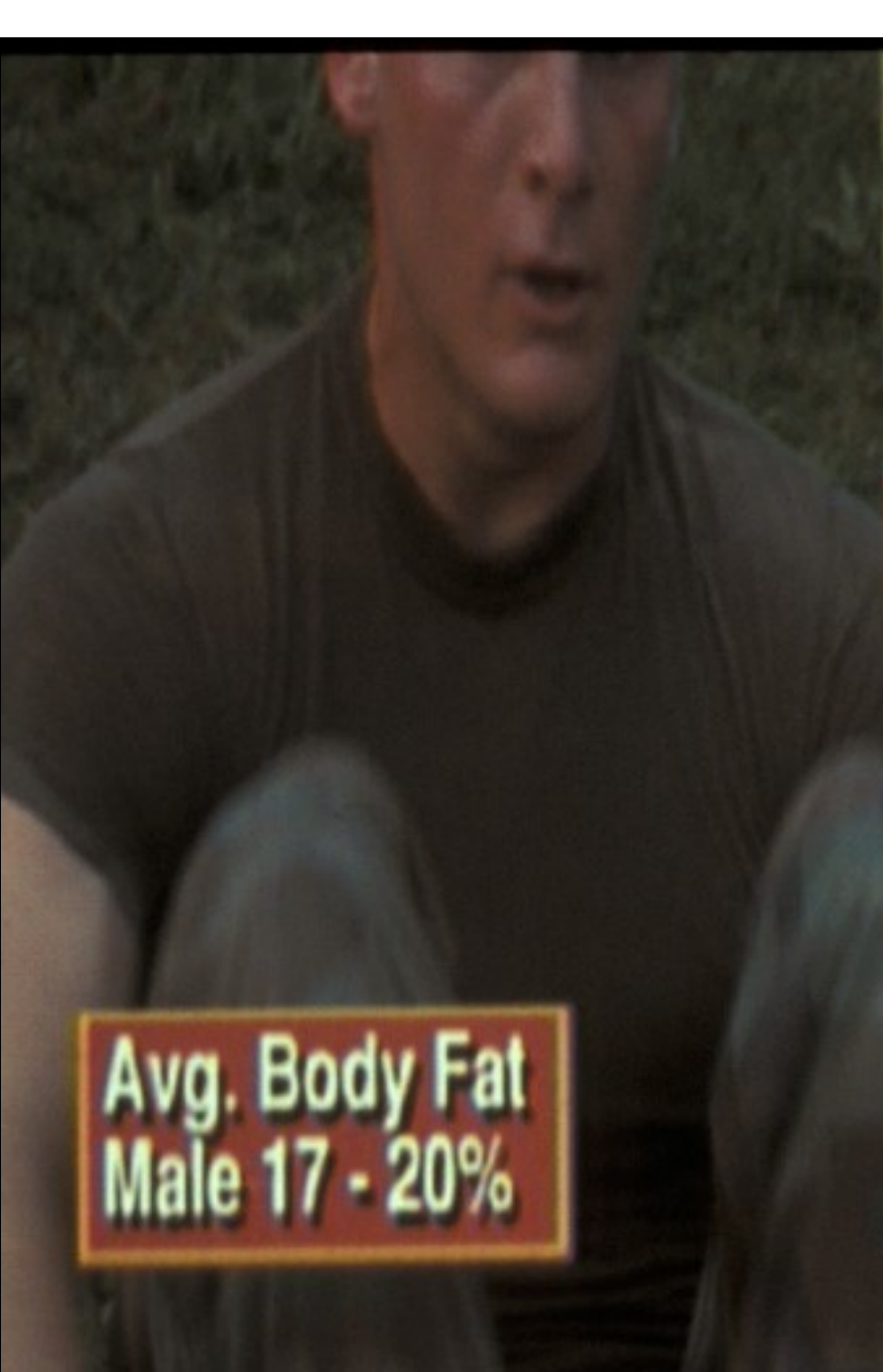
**Average  
170 lbs.**



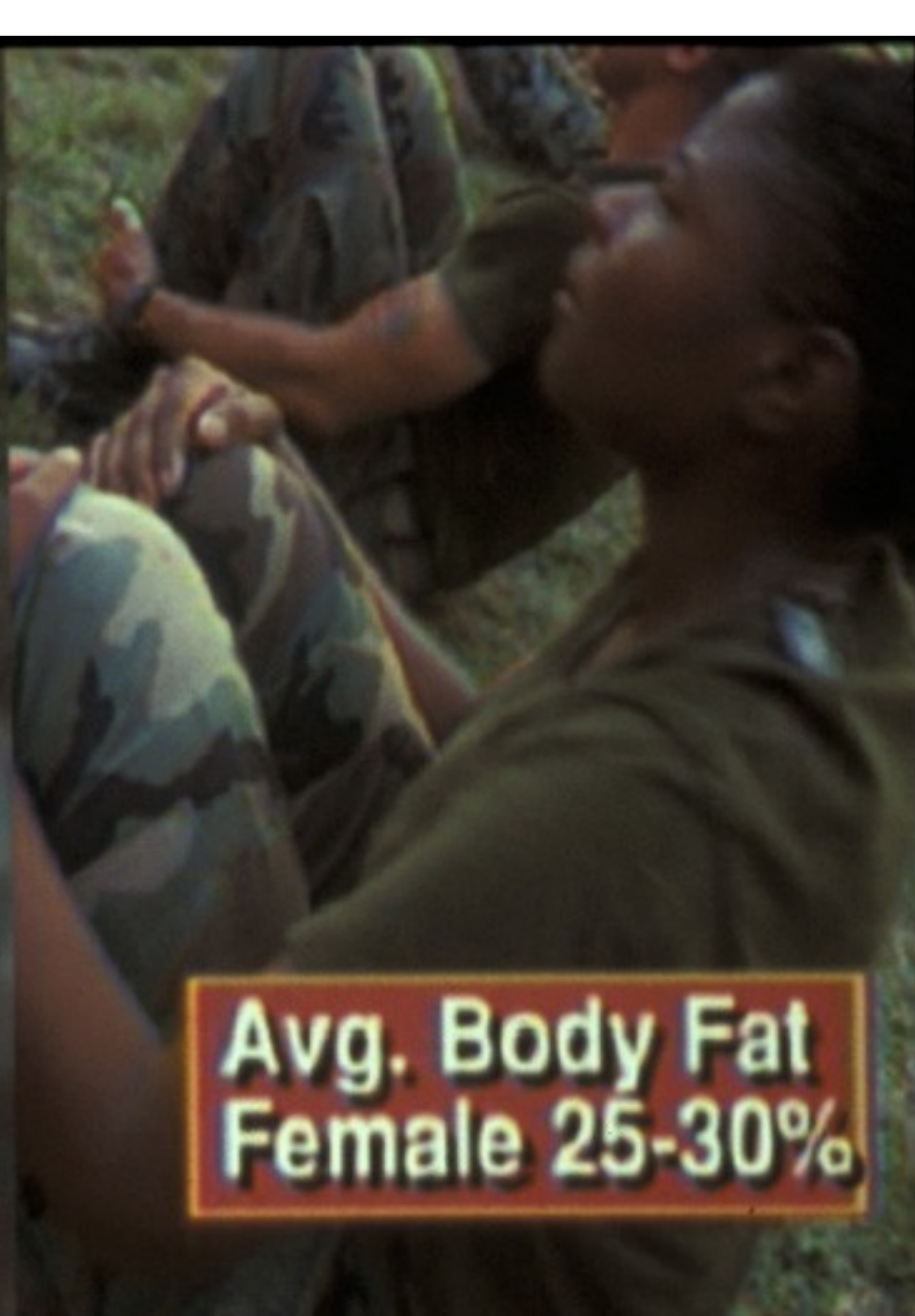


**Average  
130 lbs.**





**Avg. Body Fat**  
**Male 17 - 20%**



**Avg. Body Fat**  
**Female 25-30%**







**3000-4000  
Calories**





**2000-3000  
Calories**



The background of the slide is a photograph of a group of soldiers in camouflage uniforms running through a grassy field. They are carrying gear, and the scene is set against a backdrop of dense green trees.

## ***DAILY FOOD INTAKE***

**55-60% carbohydrate**

**12-15% protein**

**20-25% fat**

**vitamins, minerals**

**fiber**

**water**











